

WHAT IS CLAIMED:

1. A hockey training apparatus comprising:
  - a weighted tape portion having a malleable core member enclosed within a protective cover, the weighed tape portion having a substantially flat configuration wherein a tape width dimension is at least two times greater than a tape thickness dimension, the core member being reusably conformable about an external surface of a hockey device; and
  - a first securement strap fixedly attached to the weighted tape portion for fixedly securing the weighted tape portion with respect to the hockey device.
2. The hockey training apparatus of claim 1, wherein the malleable internal core member is comprised of lead.
3. The hockey training apparatus of claim 1, wherein the protective cover comprises a polymeric coating.
4. The hockey training apparatus of claim 1, further comprising a securing buckle adapted to receive the first securement strap to promote securement of the tape portion about the hockey device.

5. The hockey training apparatus of claim 1 comprising a second securement strap, both the first securement strap and the second securement strap being individually adapted to secure the tape portion to the hockey device.
6. The hockey training apparatus of claim 1, wherein the hockey device is a hockey stick or an ice skate.
7. A method of using a weighted training tape with a piece of hockey equipment comprising:
  - placing a malleable, weighted training tape in proximity to a hockey device;
  - conforming the training tape to an exterior geometry of the hockey device; and
  - securing the training tape to the hockey device using a first securement strap fastened to the training tape, the first securement strap including a securing means such that the securing strap retainably secures the training tape to the hockey device.
8. The method of claim 7, wherein the hockey device is a hockey stick or an ice skate.
9. The method of claim 7, wherein securing the training tape includes securing a second securement strap fastened to the training tape, both the first securement strap and the second securement strap having a securing means such that the first securement strap and the second securement strap individually secured the training tape to the hockey device.

10. The method of claim 7, further comprising the step of:  
removing the training tape from the hockey device by releasing the first securement strap and reforming the training tape to a substantially open position such that the training device is detached from the hockey device.

11. An athletic training apparatus comprising:

weighted wrapping means, wherein said weighted wrapping means is hand malleable such that it is conformable to an exterior geometry of an athletic device; and

securing means attached to the weighted wrapping means, the securing means retaining the weighted wrapping means to the athletic device when the weighted wrapping means has been conformed to the athletic device.